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Bangalore Mirror

TEMP Max 28 | Min 21 | Humidity 74% ...ered Thunderstorms | Sensex 79,648 | Nifty 24,347 | Gold 70,462 | Silver 81,544 | Dollar 83.79 | Euro 90.66 | GBP 107.19

WATCH & WALK

HC asks authorities to monitor, prevent illegal hoardings from cropping up to ensure public safety in monsoon

PAGE 3

DIG BANG

Areas across city report power outages as a result of unauthorised road excavation that damages BESCOM cables

PAGE 5

With silt and debris clogging its storm water drains, roads of Varthur and surrounding areas turn into ponds, in horrible rerun of last year's flooding

TIRED OF PLAYING THE WADING GAME

After the flooding, BBMP quickly engages earth movers to clear drain

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KAUSHIK JN

The residents of Varthur and surrounding areas were forced to go through a horrible sense of deja vu after heavy rain on Sunday night. Even as the shock of flooding that happened last September when heavy rain lashed the city for more than an hour is still fresh on their minds, Sunday night's rain triggered water logging of many roads in the area. Motorists, especially drivers of school buses, had to struggle a lot to commute on roads that looked like mini water bodies.

It was on September 18, 2023, that residents and motorists at Varthur and Whitefield areas found themselves on the headlines as most of the roads had turned into water puddles thus bringing the vehicle traffic to a standstill. The hope was that BBMP officials would urgently fix this problem and ensure smooth movement of vehicles this monsoon, but that was not to be.

The flooding of roads on Monday made traffic police issue a traffic advisory cautioning motorists about water logging and slow movement of vehicles on Balagere-Panathur Road. Traffic police were seen

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PAGE 6
RAIN ROUND-UP

> **"The drains need to be desilted periodically and the Bengaluru Water Supply and Sewerage Board needs to ensure wastewater is treated effectively in the sewage treatment plants and raw wastewater does not enter storm water drains and lakes**
>
> — Elangovan Kulandaivelu, Whitefield Rising

Dam, is it safe?

Tungabhadra reservoir glitch raises concern over functionality, maintenance of dams throughout the state

The historic 64-pillar mantap near Anegundi has been submerged as water has been let out of Tungabhadra dam due to crest gate damage

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The recent failure of the 19th crest gate at the Tungabhadra reservoir has heightened worries about the overall safety and functionality of dams throughout Karnataka. This incident is not an isolated case; similar issues have been reported in the past. In June, the Bhadra reservoir experienced a jammed gate due to rust, which led to the unintended release of excess water into the river. Despite attempts to fix the problem, the gate remained stuck, continuing to cause water overflow.

These recurring problems highlight the aging infrastructure of the state's dams, many of which are over 50 to 70 years old. The gates and chains, crucial for controlling water flow, are also old and require regular maintenance. Unfortunately, the maintenance work is often subpar, with the government spending large sums of money only to see the quality of work compromised.

Contracts are frequently awarded to contractors lacking the necessary expertise, resulting in poor workmanship. "There have even been cases where fake certificates were used to approve maintenance work, leading to serious risks. A similar issue surfaced 10 years ago at the Bhadra reservoir,

CONTINUED ON PAGE 2 »

3 THINGS TO DO

01 Foodie heaven awaits

Calling all foodies in the city! Vijay Karnataka and Bangalore Mirror, along with Vega City Mall, create a delightful food festival for the residents of Bangalore to experience the taste of VV Puram Food Street. All foodies are invited to come and enjoy mouth-watering delicacies.
Where: Vega City Mall, BTM Layout
When: August 15 to 18, 11 am to 10 pm

02 Soul-stirring poetry

Spend a lovely evening listening to heartfelt poems from Somya at "Tuesdays with the Bard @ Urban Solace." Somya is a multidisciplinary artist working in the mediums of writing, painting, and theatre. She has been writing and performing poetry in Hindi and English for many years and is known for her simple but hard-hitting poems delivered in a compelling style.
Where: Urban Solace
When: August 13, 7:30 pm to 9 pm

03 Perspective drawing

Create realistic art, boost your imagination, and discover the magic of making your drawings come to life with the fun and exciting drawing workshop "Perspective Drawing for Everyone" by Rajyu Dyapur.

This event is perfect for all levels who want to learn how to turn 2D sketches into 3D. Perspective drawing helps you bring your creative ideas to life. Join in and experiment with different techniques, learn new skills, and enjoy creating amazing artwork.
Where: Atta Galatta, Indiranagar
When: August 18, 4 pm

No more working without stipend: Medicos on strike

Only emergency services from today; resident doctors in state start indefinite strike over government's continued silence on stipends

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In response to the Karnataka government's continued inaction on their urgent demand for a stipend hike, the Karnataka Association of Resident Doctors (KARD), representing resident doctors—including interns, postgraduates, super-speciality residents, and senior residents—from all government medical colleges in Karnataka, started an indefinite protest on Monday.

The protest involved the suspension of non-emergency services across all government hospitals affiliated with government medical colleges in the state. However, emergency services continued to operate to ensure that critical care was not disrupted, reflecting the doctors' unwavering commitment to their patients despite the ongoing struggle.

Despite repeated appeals and discussions, the government has failed to address the significant disparity in stipends provided to resident doctors in Karnataka as compared to other states. Currently, resident doctors in Karnataka receive stipends that are among the lowest in the country, while the fees for their education remain the highest, stated Dr Sirish Shivaramaiah, KARD president. "This inequity has placed an undue burden on the doctors who tirelessly serve the people, often under challenging conditions. Our demands are not just for better pay but also for the recognition of the critical role that resident doctors play in the healthcare system. We are the backbone of hospitals, providing essential care, often at great personal sacrifice. We are here to serve the people, but we also need the government to acknowledge our contribution and provide us with the support we deserve," he said.

Members of KARD started an indefinite protest on Monday

"We are here to serve people, but we also need the government to acknowledge our contribution and provide us with the support we deserve
– Dr Sirish Shivaramaiah, KARD president

The resident doctors of Karnataka urge the government to urgently address our demands and to initiate discussions aimed at resolving this issue. "Until a fair and just stipend structure is established, the protest will continue indefinitely," added Dr Shivaramaiah.

Kolkata doctor case: Broken hearts of healing hands

Meanwhile, postgraduate students and KARD members are standing in solidarity and have demanded authorities for immediate justice for the disturbing incident that occurred at RG Kar Medical College in Kolkata, where an on-duty doctor was raped and murdered. They have demanded a CBI investigation, zero tolerance of violence, suspension of suspects, mental health support for those affected, an established crisis response team in medical colleges, and stronger legal protection for medical professionals.

The Residents Doctors Association (RDA) from NIMHANS also supported the protest by halting elective services on Monday to bring the administration's attention to the pressing issue of safety in hospitals and to push for concrete measures.

This heinous crime underscores a systemic failure to protect those who dedicate their lives to the service of others, said All India Democratic Students' Organisation (AIDSO) District Secretary Kalyan Kumar.

"It is a stark reminder of the severe risks faced by medical professionals, particularly women, within healthcare environments. In light of this tragedy, we assert the following demands: immediate release of the postmortem report; judicial inquiry into the incident; exemplary punishment for the culprits; and immediate arrangement of security for working doctors, nurses, and health workers," he added.

Maintenance work is often subpar: Experts

CONTINUED FROM PAGE 1

but the case was eventually closed without proper resolution. This lack of transparency in the maintenance process has fueled corruption and increased the likelihood of accidents. In light of these concerns, there is an urgent need for the authorities to take swift action to ensure that dams and gates are properly maintained and safe for use," said a source.

Reacting to this, Deputy Chief Minister DK Shivakumar said that an expert committee will be formed to evaluate safety aspects of all the dams in the state.

Kabini Reservoir's ongoing issues

For the past three years, the Kabini reservoir has been dealing with a leakage in the spillway walls of its right bank canal. Although experts have stated that the leakage does not pose an immediate risk to the reservoir's safety, it is being closely monitored with CCTV cameras. Repairs are scheduled for February or May when water levels are lower.

Concerns around KRS Dam

Two years ago, MP Sumalatha Ambareesh raised concerns about a possible crack in the KRS Dam. While experts have found no evidence of cracks or leaks, a trial blast to determine if nearby mining activities are affecting the dam has been delayed since 2018 due to public opposition. The trial blast remains a contentious issue, as the community continues to oppose it despite the lack of significant findings.

TB crest gate to be fixed soon

Shivakumar, who is also in charge of Water Resources, said on Monday that repair work on the crest gate of the Tungabhadra Dam has begun. "I visited the reservoir and have coordinated with Jindal Company and other partners to assist in the repairs. Technicians are working around the clock to resolve the issue, and I will provide updates on the progress soon. Our immediate focus is on ensuring the dam's safety and securing water for our farmers. We will investigate the cause of the incident after the situation is stabilised. Currently, we are trying to close the crest gate to conserve water, but this can only be done once the water level decreases to a manageable point."

TB dam's rich history

The TB dam in Hospet with roots dating back to the pre-independence era, holds a significant place in Karnataka's history. Although its construction began before India gained independence, it was only completed in 1953. The following year, in 1954, the reservoir was officially inaugurated by the country's first Prime Minister, Jawaharlal Nehru. To accommodate his visit, a temporary airstrip was constructed near Hampi in Ginigera, Koppal taluk.

Water release to the reservoir's command area was initiated gradually, benefiting a large agricultural region. The Kabini reservoir features both a left bank canal and a right bank canal, which together provide irrigation to parts of four districts in Karnataka and parts of Telangana (formerly Andhra Pradesh). The Tungabhadra reservoir plays a crucial role in irrigating the largest paddy-growing region in India. However, the reservoir's capacity has decreased over the years from 133 TMC (Thousand Million Cubic feet) to 105.855 TMC due to silt accumulation. Despite this reduction, it remains one of the largest reservoirs in Karnataka, with an annual water usage ranging between 180-250 TMC.

BBMP garbage truck rams into, kills elderly woman

An elderly woman was tragically killed in an accident involving a BBMP garbage lorry on Monday morning at Jambusavari Dinne Circle. The victim, identified as Adilakshamma, 69, was on her way to Chittoor to attend a family member's funeral. After her daughter boarded a bus, Adilakshamma attempted to cross the road to join her when she was hit by the garbage lorry, resulting in her death on the spot. The driver of the lorry, Mohammed, was immediately arrested by the Kumaraswamy Traffic Police Station. This incident is part of a concerning trend in the city, where accidents involving BBMP garbage lorries, including one that resulted in the deaths of two tech professionals due to reckless driving, have raised safety concerns. —BMB

Thrown out of work, workers protest

Workers of the company RMC Prism Johnson who were thrown out of work after a sudden closing of their plants protested outside the head office at Kasturinagar on Monday, demanding that they be immediately provided with work.

The All India Central Council of Trade Unions (AICCTU) noted that when the workers of Prism Johnson Ltd RMC (India) Division reported for their morning shift at 8 am on 19 July 2024 in the Veerasandra and Yelahanka plants, and were shocked to find the factory gates closed and a notice of closure stuck on the gate. This occurred after the workers on their night shift left the factory premises at 6 am. AICCTU added that the workers were not allowed inside the factory premises by bouncers hired by the company, even when the workers appealed to speak to the management.

"The actions of the company are illegal and anti-workers. The so-called "closure" is illegal, in violation of labour laws..." AICCTU said in a statement. —BMB

Stay alert to safety of pedestrians, root out flexes

Monitor and stop illegal installation of hoardings on footpaths, roads: HC tells authorities

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The Karnataka High Court has instructed the authorities to prioritise the safety of pedestrians and vehicles during the monsoon in Bengaluru. The court emphasised that the authorities should remain vigilant and proactive in monitoring and preventing the illegal installation of hoardings and flexes on footpaths and roads.

A division bench comprising Chief Justice NV Anjaria and Justice KV Aravind, while hearing a batch of petitions, including a suo-motu petition, stated, "Caution has to be sounded that authorities are not required to be complacent in duty of monitoring and preventing hoardings and flexes coming up illegally to ensure safety of pedestrian and vehicular traffic, in the season of monsoon. Competent authorities shall continue to monitor flexes/hoardings to ensure that they do not pose danger to the life of people specially in monsoon season, in addition to regulating the illegal putting up of the hoardings/flexes."

Bye-laws

The state government informed the court that the municipal body Bruhat Bengaluru Mahanagara Palike (BBMP) has proposed new bye-laws titled Bruhat Bengaluru Mahanagara Palike (Advertisement) Bye-Laws 2024. These bye-laws aim to establish a regulatory and preventive mechanism to curb the illegal activities related to flexes and hoardings on roads and footpaths. The court directed the government to place the final notification of the bye-laws on record after considering the objections and suggestions from the public.

The court expressed its expectation that the bye-laws will include penal provisions to act as a deterrent against defaulters and wrongdoers. It also emphasised the need for continuous monitoring by the corporation authorities to prevent mishaps, especially during the monsoon season, even if the flexes are put up without authorisation. The court suggested that flexes should not be permitted near pedestrian footpaths or densely populated areas prone to human movement.

The counsel for the petitioners acknowledged that the proceedings before the court have led to a proportionate decline in the illegal activity of putting up flexes and hoardings in the city. The court has scheduled the next hearing for September 26 and clarified that the expansion of the PIL's scope to the entire state will be addressed in subsequent hearings.

CBI probe on DKS

The High Court has reserved its order on petitions filed by the CBI and BJP MLA Basangouda Patil Yatnal, challenging the State government's decision to withdraw consent for a CBI probe into corruption allegations against Congress leader and Karnataka's Deputy Chief Minister DK Shivakumar. The case was referred to a division bench by a single judge bench, citing the case's unique nature and the complexity of legal issues involved.

CBI counsel Prasanna Kumar argued that the Supreme Court has previously ruled that once consent is granted by the State government, it cannot be withdrawn, especially not with retrospective effect. He also explained the difference between general consent and specific requests for

> **"Caution has to be sounded that authorities are not to be complacent in duty of monitoring hoardings** — HC bench

CBI probes against individuals. Advocate Venkatesh Dalvi, representing Patil, contended that the petition is maintainable and that the State and Union governments have no role in quashing proceedings once the CBI registers a case. Both CBI and an intervenor's counsel argued that the government order was motivated to protect the interests of the Congress leader.

Senior Advocate Kapil Sibal, appearing for the state government, questioned the maintainability of the petitions and argued that the previous government had played fraud on the court regarding how consent was obtained. He stated that the question before the court is not about the withdrawal of consent but the illegality of consent, and if the central government is aggrieved, it can file an Article 131 plea. Senior Advocate Abhishek Manu Singhvi also raised objections to the maintainability of the petitions, stating that the CBI is acting like an alter ego of the central government and that the issue is between the central and state governments.

After retirement, change in birth date not allowed

In a recent case, the Karnataka High Court, presided over by Justice MGS Kamal, emphasised that an employee cannot seek a change in their recorded date of birth after a considerable lapse of time. The case involved a petitioner who was employed as a pulp drawing processor from 1 October 1983 until his retirement on 9 March 2006.

The petitioner had orally provided his date of birth as 30 March 1952 at the time of his appointment but failed to submit any documentary proof. The employer, however, recorded his date of birth as 10 March 1948 based on the details provided in his provident fund declaration and a certificate from his school. The petitioner believed that his date of birth should have been recorded as 30 March 1952 and that he should have retired in 2010 instead of 2006.

After his retirement, the petitioner obtained a birth certificate from the Deputy Tahsildar indicating his date of birth as 30 March 1952. He then made a representation to the employer seeking reinstatement or payment of benefits up to 2010. The employer rejected his claim, arguing that his date of birth was properly recorded as 10 March 1948 based on the documents submitted during his employment. The petitioner approached the Labour Court to challenge his retirement date, but the court dismissed his claim. Aggrieved by the decision, the petitioner filed a writ petition before the High Court.

> **Court finds petitioner's claim, made 2 years after retirement, lacked credibility, was attempt to seek undue advantage**

The HC observed the petitioner attempted to change his date of birth only after his retirement, which raised questions about the legitimacy of the claim. The court relied on the Supreme Court Judgment in Bharat Coking Coal Limited and Others v. Shyam Kishore Singh, which held that seeking a change in the date of birth after retirement is not permissible, especially when the employee had opportunities during their service to rectify any discrepancies but did not do so. The court also noted that as per Clause 29 of the Standing Orders of the employer, the date of birth recorded in the provident fund declaration form is treated as conclusive evidence. The petitioner had declared his date of birth as 10 March 1948, which was consistent with the date of birth recorded in his service register and a certificate issued from his school. —BMB

Potholes & pollution due to metro construction

Due to the rains, potholes get filled up and it becomes dangerous for commuters to navigate, without knowing how deep these potholes are

Metro work in Bannerghatta is ongoing for five years, and due to recent rains, situation has worsened

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Residents of Bannerghatta have been facing significant issues due to metro work on the Gottigere Depot near Meenakshi Temple. The heavy vehicles involved have destroyed the roads and caused immense pollution. The roads are now in poor condition, filled with potholes, making it difficult for residents and commuters to travel. The recent rains have worsened the situation.

The residents pointed out that the work has been going on for almost five years now and the situation of the road has worsened for the last two years. Despite the complaints nothing has been done.

Recently Joshua Sinto, Assembly President, Aam Aadmi Party, Bangalore South Assembly met the Bengaluru Metro Rail Corporation Limited (BMRCL) Managing Director, Maheshwar Rao M and raised the issue.

Joshua said, "The condition of the road has deteriorated significantly, making it nearly impossible for residents to commute safely. This area is home to several residential apartments, including Windsor Four Seasons, Meenakshi Greens, Sreevari Residency, Master Royal Meenakshi, Valmark Astha, and Classic Orchard Square, as well as some pre-schools.

> **"The area is home to several schools & apartments. The condition of the road has deteriorated significantly, making it nearly impossible for residents to commute safely.**
>
> –Joshua Sinto, AAP

The numerous potholes pose a serious hazard, especially for people on two-wheelers with children, who often face the risk of falling. We met BMRCL MD Maheshwar Rao and submitted a requisition to fix the roads which were damaged due to metro works. He assured that it will be fixed; still waiting for the fix."

Other residents also complained that the two-wheeler riders are facing a lot of potholes. Now with the rains the road is getting skiddy and with the potholes getting filled with water, two-wheelers do not get to know how deep the pothole is and ride over it which is extremely risky. Residents also complained about the pollution due to ongoing work. "There is also a lot of dust on this stretch, the works need to be completed fast to make it easier for residents to breathe and live," said a resident.

Dalits' struggle for burial ground continues

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Members of K'taka Dalitha Rakshana Vedike at KR Puram Taluk office

Members of Karnataka Dalitha Rakshana Vedike staged a protest in front of KR Puram Taluk Office demanding the authorities to reclaim the land reserved for burial ground at Bhoganahalli in Mahadevapura Assembly constituency. They claimed that the land was allocated for a burial ground by the then Deputy Commissioner of Bengaluru more than 15 years ago but now some people have been making attempts to encroach it by dumping debris on the land meant for the burial ground. The agitators shouted slogans in support of their demands and later submitted a memorandum to the authorities to restore the land for the burial ground.

Bangalore Mirror published a story titled 'Even the dead cannot rest in peace,' on March 7, 2024 narrating how the land meant for the burial ground is being encroached by some builders by dumping debris and demolishing a temple. On March 6, the members of Karnataka Dalitha Rakshana Vedike staged a protest in front of the Bruhat Bengaluru Mahanagara Palike (BBMP) Joint Commissioner's Office.

Suresh BM, President of Dalitha Rakshana Vedike Bengaluru East told BM that the authorities have failed to protect the land meant for the burial ground.

"Dalits graveyard at Bhoganahalli is being encroached by reputed builders. Our MLA (Member of Legislative Assembly) and BBMP Chief Commissioner have not helped us save our graveyard. Today, we protested against illegal encroachment of our graveyard and gave a memorandum to the Tahsildar. We will be meeting the Deputy Commissioner of Bengaluru District and Bengaluru Development Minister DK Shiva Kumar to appraise them of the issue," said Suresh.

Expressing concern over the apathy and dismay of the authorities concerned, Ashok Mruthyunjaya of Aam Aadmi Party said the graveyard is being systematically encroached upon by land grabbers, dire action needed. "Even after bringing this to the notice of BBMP Joint Commissioner Mahadevapura, Local MLA and Revenue Minister Krishna Byregowda, nobody took any action to save the graveyard. Today along with Karnataka Dalita Rakshana Vedike submitted a memorandum to Tahasildar at KR Puram. This deliberate negligence by MLA, BBMP Joint Commissioner, and Revenue Minister shows there is something fishy and it is a collective, systematic government land encroachment," said Mruthyunjaya.

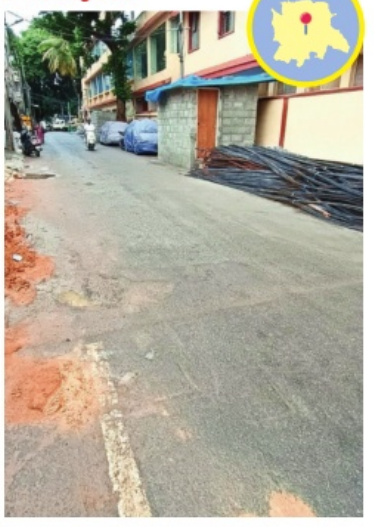
whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Pothole worry
Kudlu Road

Large pothole near the hump on Kudlu Road, close to Karnataka Bank, is posing a threat to daily commuters.

Illegal constructions
BTM Layout



Two private rooms have been constructed almost on the road, in Vysya Bank Colony, BTM 2nd Stage, causing heavy traffic during peak hours. There seems to be no authority addressing this.

Unattended garbage
Orchards

Garbage piling on 6th Cross, Palace Guttahalli near Lower Palace Orchards needs to be addressed as it is making commute difficult, in addition to being a health threat.

Power cuts: City is digging into depths of darkness

Road excavations, cable installations in city are damaging BESCOM's underground cables, resulting in financial losses, power disruptions

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Road digging is a common sight in the city, often resulting in damaged roads. But now there's a new problem: these excavations are bringing on power outages. Numerous areas across the city have reported power outages as a result of unauthorised road excavation, which has damaged BESCOM's (Bangalore Electricity Supply Company) underground cables. In response, the Energy Department has finally taken notice and issued a stern warning.

Private networks are damaging BESCOM's underground power cables during road excavation and cable installation, resulting in financial losses and power disruptions, stated the Energy Minister, KJ George. "...We've become aware of the extent of the damage caused by private cable companies to BESCOM's underground infrastructure. Given the seriousness of the situation, I have instructed the relevant authorities to implement strict measures and penalties to prevent such incidents from happening again." He further said, "Cables must be clearly marked, and strict regulations should be enforced to impose heavy fines on those responsible. We need to ensure that strong actions are taken against those who cause this damage."

File photo of road excavations in Bengaluru

> **I have instructed relevant authorities to implement strict measures and penalties to prevent such incidents from happening again**
> – KJ George, Energy Minister

Cable installations in city

Despite delays, BESCOM reports that nearly 97 per cent of the installation work for underground and aerial bunched cables is now complete.

In Bengaluru, the plan involves converting 7,396.64 kilometre of 11 KV wires into underground or aerial bunched cables across four phases. To date, 7,285.03 km of this work (98.49%) has been completed. Additionally, of 6,354.47 km of low-tension cable lines, 6,280.15 km (98.83%) have been upgraded to underground or aerial bunched cables.

BESCOM began the underground cable installation project in 2018–19 with an original budget of Rs 5,400 crore. The cabling project has been executed in four phases, costing Rs 5,031 crore across 27 packages. Initially slated for completion by the end of 2021, the project faced setbacks during the Covid years due to a lack of available workers and other challenges. This underground cable installation aims to address several key issues: preventing voltage problems, minimising power outages, averting electrical accidents, and reducing power leakage. Additionally, it seeks to prevent accidents caused by high-tension power lines and falling poles during the rainy season, curb electricity theft, and eliminate illegal connections.

An official explained, "The installation process involves digging a six-foot-deep pit, filling it with a foot of sand, and laying durable underground cables. Another layer of sand is added, followed by a bricklayer, and then covered with soil. Warning signs about the cable's presence are placed every 500 meters. This underground installation of high-tension line wires helps prevent short circuits in LT wires and reduces distribution transformer failures caused by unauthorised power connections."

BESCOM officials expect to complete the remaining work in a few days. Typically, power disruptions occur during rains, but the underground cabling ensures uninterrupted power during such weather, he said. "The removal of overhead high-tension cables is part of this initiative, which not only improves power reliability but also creates revenue-generating opportunities for BESCOM. This system will put an end to tripping incidents caused by weather conditions, tree falls, and congested overhead wires. Additionally, fibre optic cables, known for their efficient data transmission through light signals, will be integrated into the system. We are collaborating with Bruhat Bengaluru Mahanagara Palike (BBMP) to ensure a strategic approach to digging that avoids disrupting entire roads."

Dasara lighting

Meanwhile, Mysuru city streets will come alive with dazzling lights for Dasara from October 2 to 21, 2024. Around 130 km of streets and roads will be illuminated, along with electric lighting installations at 64 key locations and 84 roundabouts and parks. This extensive lighting display is sure to captivate and amaze everyone who sees it.

7-year-old flips his way into world record books

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Sampreet Naik

A seven-year-old boy from Kumta, Sampreet Santosh Naik, has just made history. His name now graces the pages of the Guinness World Records, not for the usual feats of strength or endurance but for something as playful as flipping a plastic bottle.

He has set a new record for blindfolded flips with 50 flips of a plastic bottle in one minute. With an endearing smile and a gleam of determination in his eyes, Sampreet said, "I am happy to have set this record. I have been practicing it for the last two years. Every morning and evening, I used to spend 10 minutes practicing, perfecting my technique."

He is a student of the Konkana Education Trust Saraswati Vidyakendra. Setting records is not new to Sampreet. Back on September 19, 2020, at the tender age of just three and a half years, he earned an appreciation certificate from the India Book of Records for reciting Guru Brahma Sanskrit chant, 17 national symbols, the capital cities of all Indian states, the national anthem, the months of the year in English, counting from 1 to 100 that, identifying five prominent leaders, four Indian currencies, 14 colours, and reading and writing Kannada and the English alphabets. At the age of four years and four months, he got a certificate from the International Book of Records for reciting a periodic table blindfolded. Meanwhile, Sampreet's father, Santosh, added that his son plays harmonium and piano. "My son is the first to set a new record from the Uttara Kannada region. Now, he is practicing guitar. I am thrilled for all his achievements. I encourage and support him to set many new records in the future," said Santosh.

Appreciating Sampreet for focussing on studies and extracurricular activities, Anita said that she felt very happy and excited when the school management announced his felicitation on August 15. "I want to become a musician. I am practicing guitar," Sampreet signs off with a smile.

'Training with Virat can really impact you'

As the Maharaja Trophy Karnataka State Cricket Association (KSCA) T20 approaches, Gulbarga Mystics' vice-captain and pacer, Vyshak Vijaykumar is set to bring his experience and newfound confidence to the campaign.

Vyshak featured in four matches of the Indian Premier League (IPL) 2024 for franchise Royal Challengers Bengaluru (RCB), filled with superstars like Virat Kohli, Faf Du Plessis, Glenn Maxwell etc. In four matches, he took four wickets and turned the matches in his team's favour with his game-changing spells.

Inspired by his Royal Challengers Bengaluru (RCB) teammates like Virat Kohli and Mohammed Siraj, Vyshak remarked, "Training with Virat Kohli can really impact you as a player. Last season, while I admired him, I paid attention to the finer details such as his work ethic, his process, and his consistency. Whether it is his eating habits or practice routine, everything is done with precision."

The 27-year-old fast bowler added, "It is admirable how confident he is before every game, and now I try to have the same confidence every time I step onto the field." As a senior player, Vyshak will also be committed to mentoring the younger squad members, drawing from the advice he received from senior players like Siraj.

"In my first game for RCB, I did well, but then I conceded 60 runs in the next match. Siraj told me, 'This is the game, and this is the challenge at the highest level.' I am keen to keep this in mind and to pass on these lessons whenever I can," he added. **–ANI**

IN CITY

B'luru Airport hygiene practices questioned

A passenger at Bengaluru Airport raised concerns over their hygiene practices. Talking to Bangalore Mirror, he said, "I observed that the same trays were being used for both shoes and personal belongings at airport security, which is highly unhygienic." He expressed concerns over the potential health risks this practice poses to travellers and questioned why Bangalore International Airport Limited (BIAL) has not implemented a dedicated shoe tray system similar to that of Mumbai Airport.

In response, the BIAL authorities clarified that they do have dedicated shoe trays in place, which are clearly marked with shoe imprints."Hygiene and passenger experience are top priorities for us," BIAL tweeted in reply. **-BMB**

Disruption in Green Line Metro services

To facilitate signalling tests for the Reach-3 Extension Line from Nagasandra to Madavara (BIEC), Metro train services between Peenya Industry and Nagasandra stations will be adjusted as follows: On Tuesday, the last train will depart at 10 pm. On Wednesday, the first service will start at 6 am, and the last train will be at 10 pm. On Thursday, the services will start at 6 am. The last train from Nagasandra on Tuesday and Wednesday will be at 10 pm; and the first train on Wednesday and Thursday will begin at 6 am.

For services from Peenya Industry to Silk Institute Metro Stations, the last train on Tuesday and Wednesday will be at 11:12 pm; the first train service on Wednesday will start at 5 am, according to a release from BMRCL.

Downpour throws B'luru completely out of gear

City faces flooding, traffic congestion due to heavy overnight rain that exposed loopholes in monsoon preparedness

KAUSHIK JN

Traffic came to a standstill at Jayadeva Flyover on Monday

August and September are traditionally the wettest months in Bengaluru, and this year's initial rainfall has caused significant disruptions. The city was hit by heavy overnight rain, which began late Sunday and continued into early Monday, resulting in approximately 74 mm of rainfall. This downpour brought Bengaluru to a near standstill, causing extensive flooding and traffic congestion. Areas such as the Okalipuram underpass were completely submerged, while major roads including Hebbal Flyover, Nagawara, and Hosur Road faced significant waterlogging. The Silver Oak Apartment complex in Marathahalli also reported flooding issues, impacting local residents.

Traffic disruptions

The Traffic Police issued multiple advisories, urging commuters to avoid heavily flooded areas and plan their routes carefully. One commuter recounted his experience on social media, describing how a journey from Electronic City to Silk Board, which should have taken an hour, ended up consuming three hours due to severe traffic delays. Residents in Amruthahalli also reported rainwater seeping into homes. Community groups like Namma Balagere urged residents to plan their commutes around the flooding.

The IMD has forecasted continued heavy rain for the next three to four days.

Area-specific flooding

Chickpet: The flooding was particularly severe near the Chickpet Metro Station, where water levels reached up to three feet, submerging roads and stranding commuters.

Hebbal: The Outer Ring Road (ORR), especially between Nagawara and Hebbal, has been heavily impacted. Flooding at Hebbal Junction, a key traffic hub for travel to Kempegowda International Airport, has caused considerable delays and disrupted travel plans. Neighborhoods like Koramangala, Indiranagar, and Whitefield have also faced severe impacts, with potholes exacerbating driving hazards.

Silk Board Junction: The flooding led to incidents near the Rajakaluve close to Silk Board Junction, where several cars fell into uncovered manholes. The sight of fish swimming in the inundated streets underscored the extent of the flooding.

Low-lying areas

In low-lying neighborhoods, schoolchildren are particularly affected, with many unable to reach their schools due to submerged roads and disrupted public transport. Reports of children wading through knee-deep water or waiting for hours for transport showcased the severe disruption. Properties constructed on land previously part of lakes are now inundated, causing significant damage and rendering homes uninhabitable.

Street vendors affected

The heavy rains have led to significant losses for street vendors across Bengaluru. Market areas like Chickpet, where vendors rely on daily sales, have been severely impacted. Many vendors have reported damage to their goods, including perishable items such as fruits and vegetables, resulting in substantial financial losses.

–Sanjana CS

That sinking feeling

CONTINUED FROM PAGE 1

regulating movement of vehicles and seen guiding the hapless motorists on Balagere-Panathur Road and at Kodathi Gate.

The residents of Varthur blamed the Bruhat Bengaluru Mahanagara Palike (BBMP) Storm Water Drains (SWD) Department for not keeping the storm water drain free from clogging with debris and silt. Expressing disgust over the repeated water logging on Varthur-Balagere-Panathur Road, Sangappa Desai, a resident, said the storm water drains are supposed to carry rain water to the nearest water body or to the primary storm water drain but the storm water drain at Varthur is blocking rain water thus causing flooding of roads. "The BBMP SWD engineers must get the storm water drain that is filled with debris and silt cleaned up. The storm water drain was not cleaned for the last two years. Now, the BBMP has engaged an earth moving machine to remove debris from it," said Desai.

Blaming the BBMP for not following the norms while constructing the storm water drain at Varthur, Jagadeesh Reddy of Varthur Rising, said that most of the roadside drains are either encroached or full of silt and debris. "The road that is flooded with rain water is actually a stream converted into a main road connecting Varthur and Outer Ring Road," said Reddy.

Stating the roads around Varthur are in bad condition with potholes galore, Elangovan Kulandaivelu of Whitefield Rising, said the BBMP needs to improve drainage and needs scientific design of primary, secondary and tertiary drains based on quantum of rains. "The drains need to be desilted periodically and the Bengaluru Water Supply and Sewerage Board (BWSSB) needs to ensure wastewater is treated effectively in the sewage treatment plants (STPs) and raw wastewater does not enter storm water drains and lakes," said Kulandaivelu.

Shocked at how each time there is a heavy lashing of rain, Bengaluru's infrastructure collapses, Ashok Mruthyunjaya of Aam Aadmi Party said the greed of real estate mafia leading to encroachment of storm water drains and lakes, corruption among the BBMP has resulted in the drains not being desilted. "Failed BBMP governance, fake promises of Brand Bangalore, Greater Bangalore Authority, the people have seen all, but there is no light at the end of the tunnel. Successive governments have only made things worse; nobody wants to solve the local infrastructure problem. Every politician wants to mint money through Bangalore infrastructure projects but nobody is really interested in understanding the root cause of the city collapsing this way and nobody is interested in fixing it. It is the high time Bengalureans protest against bad infra, which would make these politicians focus on work on the real issue. Till then these issues won't be sorted," said Mruthyunjaya.

The BBMP Executive Engineer (SWD) was not available for comment.

BM Trippin' Tales

Consumer Connect Initiative

Meanwhile, sun is smiling upon Kodagu

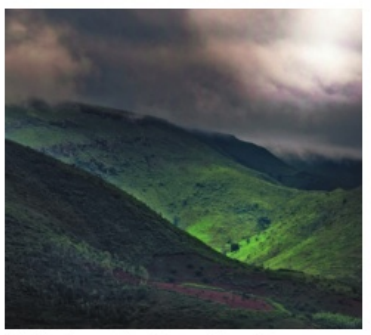
After 15 days of rainfall that stalled tourism in hill district, weather takes positive turn for travellers

Sridhar.Vivan@timesofindia.com

TWEETS @sridharvMIRROR

Heavy rainfall that lasted for about 15 days had brought the tourism industry in Kodagu to a complete standstill. However, with the rain subsiding, the industry is slowly recovering. in various places have been lifted, and tourists are once again flocking to Kodagu district. The heavy rainfall in June and July caused landslides in various parts of the Malnad region, resulting in several roads being blocked. Similarly, the coastal region also experienced flood-like situations, and local administrations in some districts had imposed a ban on tourism citing safety concerns.

As a result, the number of tourists visiting the coastal and Malnad regions of the state had decreased significantly. The Kodagu district administration had advised tourists to postpone their plans to visit Kodagu for two days due to the heavy



Kodagu and adjacent regions witness high footfall in monsoon

landslides in several areas. The weather department had also predays, leading to the advisory.

Various organisations had urged the administration to restrict tourist entry till August end or at least for 10 days. However, despite no restrictions being imposed, the recent tragedy in Wayanad had already brought the tourism industry in South India to a halt.

In the past, tourist numbers in Kodagu would drop significantly during the monsoon season, with a gradual increase after August 15. However, in recent years, this trend has shifted. Now, tourists flock to Kodagu during the monsoon to witness the waterfalls, rain, and misty landscapes, with visitor numbers This year too, June saw a significant influx of tourists, raising hopes for a strong monsoon season. Zaheer Ahmed, Vice-President of the Kodagu Hotels Association, noted that, "It's not just large resorts and homestays; thousands of small businesses dependent on tourism, including taxi and auto drivers, bike rental owners, and street vendors, were hit hard by the monsoon season. Now that the rain has eased, tourists are returning to the district, bringing hope and a sense of relief to these small business owners." Bookings for the upcoming weekend are already pouring in, suggesting that the tourism industry is on the path to recovery.

Tourists, who were awaiting for a green signal from the state, are also excited to plan trips and holidays during this monsoon season.

HEALTH TIP: Poor quality diets are the main contributor to all forms of malnutrition and the leading cause of various diseases worldwide

Make a conscious effort and try to consume about 1 gram of protein per kg of actual body weight

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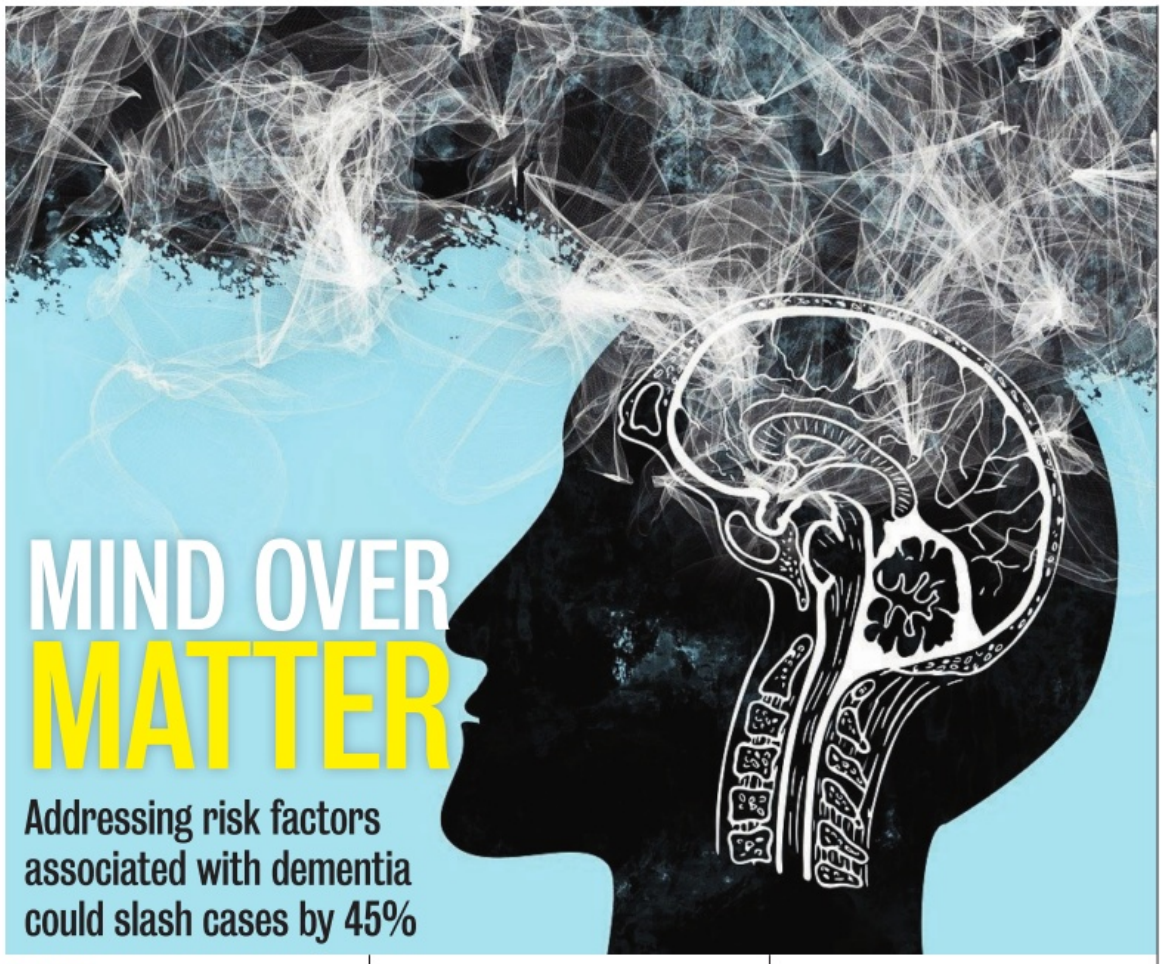

MIND OVER MATTER

Addressing risk factors associated with dementia could slash cases by 45%

Nearly half of all dementia cases could be delayed or prevented altogether by addressing 14 possible risk factors, including vision loss and high cholesterol.

That is the key finding of a new study that we and our colleagues published in the journal The Lancet.

Dementia, a rapidly increasing global challenge, affects an estimated 57 million worldwide, and this number is expected to increase to 153 million by 2050 worldwide. Although the prevalence of dementia is on the decline in high-income countries, it continues to increase in low- and middle-income countries.

This third updated report of the Lancet Commission on Dementia offers good news and a strong message: Policymakers, clinicians, individuals and families can be ambitious about prevention and reduce dementia risk; and for those living with dementia and their caregivers, support their quality of life using evidence-based approaches.

The new report confirms 12 previously identified potentially modifiable risk factors from two previous reports, published in 2017 and 2020. It also offers new evidence supporting two additional modifiable risk factors: vision loss and high levels of low-density lipoprotein (LDL) cholesterol, often called "bad" cholesterol.

Our study of published evidence found that collectively, addressing 14 modifiable risk factors could potentially reduce the prevalence of dementia by 45% worldwide. Even greater risk reductions could be possible in low- and middle-income countries and for people with low income in higher-income countries given the higher prevalence of dementia, health disparities and risk factors in these populations.

The report further indicates that reducing these 14 risks can increase the number of healthy years of life and reduce the length of time with poor health in people with dementia.

Additionally, the report cites clinical trials showing that nonpharmacological approaches, such as using activities tailored to interests and abilities, can reduce dementia-related symptoms and improve quality of life.

We are a general internist and an applied sociologist and intervention scientist, and our work focuses on memory and wellness in older adults. Together with 25 other internationally recognized dementia experts under the leadership of psychiatry professor Dr. Gill Livingston, we carefully reviewed the evidence to derive recommendations for prevention, intervention and care.

Why it matters

The rapid growth of aging populations worldwide is a triumph of better public and personal health throughout the entire life span. Yet, given the lack of a dementia cure, this report highlights the importance of prevention as well as supporting quality of life for those with a dementia diagnosis.

In the new report, our team proposed an ambitious program for preventing dementia that could be implemented at the individual, community and policy levels and across the life span from early life through mid and late life. The key points include:

- In early life, improving general education.
- In midlife, addressing hearing loss, high LDL cholesterol, depression, traumatic brain injury, physical inactivity, diabetes, smoking, hypertension, obesity and excessive alcohol.
- In later life, reducing social isolation, air pollution and vision loss.

Together, these add up to the Lancet Commission on Dementia's estimate that 45% of dementia risk can be reduced. And an abundance of new research shows that when risk factors are addressed, such as exposure to air pollution, they are linked with improved cognition and likely reduction of dementia risk.

New evidence supports the notion that in high-income countries, reducing dementia risk can translate to more healthy years, years free of dementia and a shorter duration of ill health for people who develop dementia.

What still isn't known

The 45% reduction in dementia risk across the world's population is based on a calculation that assumes that risk factors are causal and can be eliminated. It shows how dementia prevention is critical and the impact it would have on individuals and families.

The commission emphasised the need for more research to identify additional risk factors, test risk factor changes in clinical trials, provide guidance for public health efforts, and identify and evaluate strategies for implementing and scaling evidence-based programs that support people with dementia and caregivers.

The updated report has worldwide public health and research impact and is being widely disseminated. It serves as a guideline to clinicians and policymakers and outlines new research directions.

Eric B Larson, University of Washington and Laura Gitlin, Drexel University, The Conversation

MIRRORLIGHTS

Study proposes new obesity treatment with brain electrical stimulation

Brain electrical stimulation to suppress appetite may be a new frontier in treatment for obesity -- a rising global health concern, according to a study on Monday.

The World Health Organization (WHO) estimates that one in eight people worldwide is overweight, making obesity treatment one of the most prominent markets currently.

Current obesity treatments include drugs and injections but often come with potential side effects when taken over for a long period. Researchers from Korea Electrotechnology Research Institute (KERI) and Seoul National University Hospital in South Korea proposed a novel approach which is to suppress appetite by stimulating the cerebral cortex electrically through the scalp.

Using the technique known as transcranial random noise stimulation (tRNS), the team conducted a clinical trial that included 60 female volunteers, 30 in the tRNS group and 30 in the active sham group.

The trial consisted of six sessions of electrical stimulation with two to three days of interval for two weeks. The electrical stimulation was conducted using commercially available electrical stimulators with a barely perceptible current of 2 mA for 20 minutes per session.

The tRNS treatment group showed a reduced appetite, willingness to eat, and hunger compared to the placebo group.

The tRNS was also found to treat emotional eating, meaning that the tendency to eat to process or relieve emotions such as stress, depression, anxiety, and joy was significantly reduced.

While the two-week-long trial could not confirm the long-term weight loss effect, participants reported significant appetite suppression.

Dr. Ki-young Shin of Human Care Electro-Medical Device Research Center, at KERI said that the technology is not yet complete and needs further research and verification.

However, "if this electrostimulation treatment equipment with far fewer side effects than existing obesity treatments is commercialised and can be used at home instead of in hospitals, it will provide an easy and simple method for daily appetite suppression management," said Dr. Shin.

— IANS

MIND, BODY & HEART

All you need to know about...

Celiac Disease

Complexities
Researchers have found previously unknown complexities in celiac disease -- caused by an immune reaction to eating gluten, an advance that may boost future treatments.

More to the story
The inflammatory response to gluten was previously thought to occur inside the gut wall and only involved immune cells, but the new study led by researchers from Canada, the US, Australia, and Argentina revealed that there is more to the story.

Epithelium involved
The research shows that the upper intestine's inner lining, known as the "epithelium," is composed of a variety of cells that are not traditionally part of the immune system and play an active role in directing the inflammatory response to gluten, challenging the traditional understanding of the disease's mechanism.

The model
Utilising microscopic biomaterials, the researchers led by McMaster University in Canada developed a biologically functional model of the intestinal epithelium in the laboratory. Through this model, the team observed how the epithelium alerts immune cells to the presence of gluten, confirming that the epithelium is crucial in activating the immune system in celiac disease. This discovery is expected to propel the development of new drugs targeting the epithelium's role in the immune response, offering hope for more effective treatments.

Gluten allergy
People with celiac disease have to avoid gluten -- a protein found in wheat, rye, and barley, to prevent triggering painful gut symptoms, nutrient absorption issues, and long-term health risks. "The only current treatment is a strict gluten-free diet, which is difficult and often insufficient," said Professor Elena Verdu, director of McMaster's Farncombe Family Digestive Health Research Institute.
He noted that the discovery could lead to newer breakthroughs. — IANS

Monsoon damage: '58 dead, 80,000 ha crop damage so far'

Karnataka Revenue Minister Krishna Byre Gowda on Monday said that the state has recorded 58 deaths and crop damage in 80,000 hectares, due to "above normal" rains so far in the current monsoon season so far.

More rains are anticipated in several parts of the state in the days ahead, and officials have been instructed to take precautionary measures, he said.

"In the northern interior region, the average rainfall has been 260 mm, but this year it has received 322 mm, which is 24 per cent higher than normal.

The Malnad region typically receives 1,127 mm of rainfall, but this year it has received 1,361 mm, 21 per cent higher than normal. The coastal region typically receives 2,299 mm of rainfall, but this year it has received 2,947 mm, which is 28 per cent higher. The state has received an average of 553 mm of rainfall (normally), but this year it has received 699 mm, which is 26 per cent higher. Notably, no district has received less rainfall than normal this year," Gowda said.

He told reporters that last month there was a rainfall deficit in the dryland regions and districts like Kolar, Chikkaballapur, Yadgir, Koppal, Vijayapura and Raichur had received less rainfall than usual.

However, good rainfall has been recorded in these areas over the last 10 days. "Moreover, the monsoon is expected to intensify again from August 16. All districts are reporting good monsoon (sowing) activity. This year, the rainfall is expected to be above average, and we anticipate a good agricultural season," he added.

Noting that the monsoon will continue for another one-and-a-half months, and more rain is expected in the coming days, especially in the regions from Bengaluru to Central Karnataka and the Malnad area, the minister said heavy rainfall is likely along the Karnataka-Maharashtra border and the Krishna and Cauvery river basins.

Precautions

"Therefore, precautionary measures have been instructed to the district collectors to prevent unnecessary flood situations," he said. During heavy rains, rivers tend to overflow, and if water is released from dams simultaneously, it could lead to flooding, causing distress to people, he said. **PTI**

Bengaluru charter to settle human-elephant conflict proposed

4 neighbouring states also to be part of charter that will ask agencies to pay up for wildlife mitigation measures if using forest land

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TWEETS @BangaloreMIRROR

Karnataka Forest Minister Eshwar B Khandre announced a Bengaluru charter for mitigation of Human-Elephant Conflict (HEC) on Monday.

The charter, to be signed by forest departments of neighbouring states, was announced at a ministerial-level meeting held at the international conference on HEC management in the city on the occasion of World Elephant Day, which was attended by forest ministers of Tamil Nadu, Telangana, Jharkhand, and Kerala.

The document with common issues faced by all five states will be presented to the Central Environment Ministry for consideration.

The charter will mandate various measures in place including standard operating procedures (SOPs) regarding Do's and Don'ts when an elephant ventures outside the forest and a conflict-like situation is forthcoming. Ministers also agreed to have an SOP for elephant capture to avoid accidents involving humans and elephants.

The Bengaluru charter will command user agencies of linear projects that involve the diversion of forest land to deposit 5% of the project cost with the state concerned to be used exclusively for wildlife mitigation measures, corridor land acquisition, and improvement of habitats.

Under the charter, all five states will also ensure that forest habitats are improved for better availability of food and water for elephants and other wildlife throughout the year.

"There are very few, but known to be mischievous elephants that are generally found to be involved in conflicts. These need to be radio-collared with their location and information being shared with the neighboring states as well as the villages that are near the location of the herd," said Khandre in the meeting.

Forest Ministers of all five states present at the event agreed that the Wildlife (Protection) Act, 1972, needs to be revisited to focus on Project Elephant areas.

Removal of weeds

All forest ministers of respective states present at the meeting also acknowledged the need for commercial removal of weeds like Lantana, Senna, etc. from forest landscapes and noted that their commercial exploitation must be permitted under the laws in vogue.

Bengaluru charter will also encourage research into the behaviour of elephants and measures to combat human-elephant conflict. It will further mandate that all the elephant-bearing states sharing a common boundary meet every six months to disseminate information, intelligence, good practices, research, etc.

Collaboration and community participation

Ecologists and researchers present at the conference stressed community participation to mitigate human-elephant conflict.

They underlined that while mitigation and management of human-elephant conflict are easier in areas with synergy – where species and habitat protection impulses overlap, areas that are either fringe or outside project areas are a cause for concern. In a land that is not legally protected, priorities are different. This gives rise to the need for cross-sectoral collaboration.

Experts also discussed the involvement of various line departments such as the electricity, agricultural, public works, and engineering departments in coexistence and removal zones and highlighted the importance of involving local Gram Panchayat in conflict mitigation.

CAMPA fund

In the ministerial-level meeting, forest ministers of all five states have decided to approach the Central Environment Ministry to use CAMPA funds to erect railway barricades. "Central government is not providing CAMPA fund for the erection of railway barricades. A delegation of forest ministers of neighbouring states will meet the Union Minister to discuss the issue," said Khandre.

List of elephants to participate in Dasara

The Forest Minister also released a list of elephants that will be participating in Jamboo Savari during the Mysore Dasara festival.

This time too, Abhimanyu will carry the gold Ambari with Nadadevi Chamundeshwari idol, Mahendra, Gopi, Bhima, Prashantha, Dhananjaya, Sugriva, Hiranya, Rohita, Eklavya Kanjan, Lakshmi, Varalakshmi and Dodda Haraway Lakshmi will be attending the event.

Man killed after dispute over food, probe underway

A 46-year-old borewell lorry driver, identified as Suresh, was murdered late Sunday night in the Parappana Agrahara area. Originally from Tamil Nadu, Suresh used to work as a driver and operator and was living with six other helpers who were from North India. According to the Parappana Police, a fight broke between Suresh and co- workers over preparation of food. It is said that Suresh verbally abused his co-workers in Tamil and also alleged that he harassed them a week ago.

The situation escalated, and in the melee, the accused ganged up on Suresh, assaulting him before fleeing the scene. The attack resulted in Suresh's death. An investigation is currently underway.

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I, BADRINATH S/o. N.R Panduranga Char, residing at No. 37/1, 5th Main Road, Chamarajapet, Bangalore-560018, declaring that BADRINATH and BADRINATH P both names are one and belongs to me only, I will use my name as BADRINATH P for all my future correspondences, vide affidavit dated 09.08.2024, sworn before notary Mamatha N.K, Bangalore.

I, Girisha Puttegowda R/o No.27/14, Putta Kanasu, 1st main Rd, Prakruthi Lyt, Thotadaguddahalli, Nagasandra, Bengaluru 560073 have changed my name to my name to Girish Puttegowda (Girish P) Affidavit Dt.12/08 /2024 notary Harisha G, B'luru

I Manjesh Hiriadka Shetty S/o Vasantha Shetty R/o flat No 16.13.01,tower-16,shriram Summit,gollahalli,electronic City, Bengaluru 560100 have changed my name to Manjesh Shetty for all purposes

I, Yadagudde Venkatappa Prasad Alias Prasad Yedagudde Venkatesh S/o Yadagudde Narasaiah Venkateshamurthy, R/o #28/1, 16th Main Road, Gokula, 1st Stage, 1st Phase, Bengaluru 560054 have changed my name as Prasad Yadagudde Venkateshmurthy vide affidavit Dt.12/08/2024 Notary Harisha G, B'luru

I Sandeep Jain S/o P Mani R/o # 15 old no 54 , 2nd cross, Nanjareddy colony, Near Shiva temple. Murugeshpalya, B'lore-560017 have changed my name to M. Sandeep for all purposes.

I, Bobby Nathel S/o Nathel D. Culas R/o 340, 2nd Cross, 17th C Main Rd, KHB colony, 5th Block Koramangala 560095 Bangalore changed my name to Bobby Nathel Culas

I, PADMINI H.K D/o. Keshavamurthy, W/o. Badrinath, residing at No. 37/1, 5th Main Road, Chamarajapet, Bangalore-560018, declaring that PADMINI and PADMINI H.K both names are one and belongs to me only, I will use my name as PADMINI H.K for all my future correspondences, vide affidavit dated 09.08.2024, sworn before notary Mamatha N.K, Bangalore.

I, Karna Jyothi Prasanth S/o Bala Krishna Karna, R/at Cumins Realm, Flat No.231, Block B, 3rd Floor, TC Palya main road, Bhattarahalli, Krishnarajapuram, Bangalore-560036 have changed my name to Karna Jyothi Prashanth, vide affidavit dt: 12.08.2024 Notary S. Subashini, Bangalore

I Gulam Mohdeen S/o Late Mohammed Khasim R/a at No K2044, 3rd Cross, Kushal Nagar, KG Halli, Bangalore-560045 I have changed My name to Gulam Mohiddin Vide Affidavit Dated on 05/08/2024 Sworn Before Notary N Kanchivaradaraju Bangalore

I Javeed Khan Rahim And Taherunnisa Sadique Sharief R/o No 7-1, 2nd Cross, Artillery Road, Gowthamapuram Halasuru Bengaluru - 560008 have changed my minor daughter's name from Ruqaiya Bagm to Ruqaiya Khanum.

I Preeti Narayan D/O, Chittor Balakrishnan Ramachandran R/o No 103, Panchavati Apartments, 18th Main, 5th Cross, Hal 2nd Stage, Indiranagar Bengaluru – 560038 have changed my name to Preeti Ramachandran.

I Sony Jain Shanthilal W/O, Anand Jangada R/o D 1403, 14th Floor, Eta Garden Apartment, Near Binny Mill Circle, Magadi Road, Bengaluru – 560023 have changed my name to Sony Jain.

I Ishwar Fakirapur S/o Ramappa Basavanthappa Fakirapur r/o No 206,7th Cross,BHND Hegde Nagar Winnfield Garden, Dr Shivaram Karanth Nagar Bengaluru 560077 have changed my name to Ishwar Ramappa Fakirapur s/o Ramappa for all purposes.

I Shrada Nathella W/o Anchit Donthi Anil R/o #3000, Kr Road 17th Cross, Banashankari 2nd Stage, B'lore 560070 have changed my name to Shrada Donthi for all purposes.

I, Shaik Saradar R/at No 36 3rd Floor Azeez Manzil, 1st Main 1st Cross A M C Road, Kushal Nagar, Bangalore - 560045 Have Changed My Name To Shaik Sardar, For All Purposes.

I, Sahyadriraj S/o B.B.Raju R/o No. 16, 80 Feet Road, H.M.T Layout, R.T.Nagar, B'luru 560032 have changed my name to Sahyadri Raj Basavaraju for all purposes

I Bharathi Mallya W/O, Suresh Mallya R/o No 314 7th A Main 1st Block Kalyan Nagar Bangalore Karnataka - 560043 have changed my name to Bharathi Bai.

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Sober feeling— "Game Of Thrones" star Kit Harington says he is "lucky" to have kicked his addiction issues before becoming a father because he "hated himself" when he was drinking. "I was so lucky I got sober before having kids ..." he told GQ Hype

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Tuesday, August 13, 2024
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Entertainment Industry Promotion

PERKS AND PITFALLS

When Sara Ali Khan spoke about privileges and challenges of being a star kid

Actress Sara Ali Khan, daughter of actors Saif Ali Khan and Amrita Singh, has often found herself in the spotlight not just for her acting talent but also as a subject in the ongoing debate over nepotism in the film industry. As she celebrates her birthday, it's worth revisiting a candid conversation she had in 2018, where she discussed the privileges and challenges of being a 'star kid.' While talking to BBC in 2018, even before her debut film 'Kedarnath' was released, Sara Ali Khan spoke about her position as an insider in Bollywood. "The main perk is access. I could go to Rohit [Shetty] sir's office and ask him to consider me for 'Simmba.' The access that my parents worked so hard to enable me to have is not something I deny."

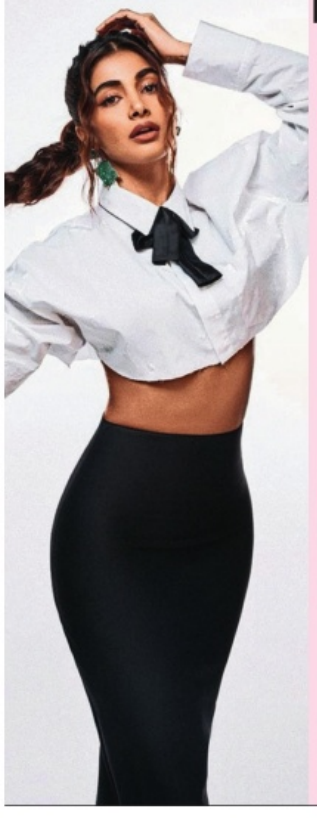
She went on to address the increasing scrutiny on star kids and the privileges they enjoy.

"The tonality of conversation around nepotism has become hard back home. While star kids, as much as I hate that term, do have it easier into this line. If you're not good, you won't get a second film," she remarked, highlighting the harsh reality that despite easier access, longevity in the industry still depends on talent and audience acceptance.

Sara's journey in Bollywood began with a whirlwind start. Even before her first film 'Kedarnath' hit the theaters, she had already completed shooting for her second film, 'Simmba.' When the interviewer pointed that out, Sara's response was a mix of surprise and self-awareness. "...I carry that burden. I am aware this will be seen by many as an unearned opportunity," she admitted.

Despite the advantages, Sara was clear about the pressures that come with such opportunities. She expressed her determination to prove her worth, not just to the audience but to herself.

—ETimes



PEACE OUT

Actress Pooja Hegde on Monday revealed her 'mantra for life' and it is nothing but 'inner peace'.

Pooja, who has 27.2 million followers on Instagram, took to the Stories section and shared a cute picture of a mouse pad, which has a panda imprinted on it, and 'inner peace' written on it.

The diva captioned the post as: "Mantra for life", followed by a yoga girl emoji. In another Instagram post, Pooja shared a string of photos, from her latest photoshoot. The jaw-dropping pictures show Pooja wearing a crop white shirt with long sleeves, and a black now.

She has paired it with a body hugging black long skirt. Pooja has kept her makeup all glam-- brown lips, thick brows, and contoured cheeks, and her hair is tied up in a braided pony tail. The look was rounded off with emerald green earrings.

The post is captioned as: "When you have a zoom call at 8, but a party at 9".

Pooja, who was the second runner-up at the 2010 'I Am She-Miss Universe India' pageant, made her acting debut in 2012 with the Tamil film 'Mugamoodi'.

—IANS

John's tips on money

John Abraham, who is gearing up for the release of his highly anticipated film 'Vedaa', opened up on various aspects of his life and career.

During his conversation with Ranveer Allahbadia, John Abraham shared that after completing his MBA, his initial salary was Rs 6,500 as a media planner. The actor recalled being offered a chance to participate in the Gladrags competition, where Shah Rukh Khan, Gauri Khan, Karan Johar, and Karan Kapoor were the judges. Winning the competition earned him Rs 40,000, which was a significant amount for him at the time, especially since his take-home salary was Rs 11,500.

When asked about how he spent his salary, John revealed that his expenses were minimal. In 1999, his lunch cost just Rs 6, consisting of two chapatis and a dal fry. He often skipped dinner due to working late at the office. His expenses mainly included petrol for his bike, as he didn't own a mobile phone and relied on a train pass for transportation. John saved his money and invested in equity-based mutual funds, which marked the beginning of his career.

John Abraham emphasised the importance of not just earning money but using it responsibly. He noted that in a capitalist society, it's good to have the drive to make and earn money.

—ANI

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Comedy drama

Director MD Sridhar, known for re-making movies from other languages in Kannada, makes a comeback after a gap of four years. Sridhar debuted as director in Sandalwood with Friends, a remake of Telugu movie 6 Teens. Now, he is out with Jumbo Circus that revolves around friendship and love laced with comedy.

The teaser of Jumbo Circus was released at SRV Theater recently. HC Suresh is bankrolling the movie under the Mahathi Combines banner while Pravin Tej and Anjali S Anish are the lead pair.

"I met producer HC Suresh at a marriage function. He asked me to narrate the script in one line. I did that and he agreed to bankroll this movie," said the director. About the script, the director said it was about two friends who go to the same school, college and get married on the same day at the same marriage hall and also reside in the same locality.

Good tune

The title song of the much-awaited and hyped film Bhairathi Ranagal has received good response from Karunada Chakravarthy Dr Shivarajkumar's fans and moviegoers. Bhairathi Ranagal, stated to be a prequel to the film Mufti, is directed by Narthan and bankrolled by Dr Shivarajkumar's better half Geetha under the Geetha Pictures banner. The title song was released through Anand Audio.

"The shooting was wrapped up last month and post-production works are also over. We are thinking of announcing the movie's release date shortly. We will approach the Central Board of Film Certificate shortly. I am very happy with the feedback for the movie's title song," said Narthan.

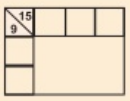
Bhairathi Ranagal is Narthan's second film as a director after Mufti in which Dr Shivarajumar and Sri Murali played important roles. The movie was released in 2017. The title song – Ithihaasave Nibberigisuva – was written by Kinnal Raj while Ravi Basrur scored its music. Santosh Venky is the playback singer. According to reliable sources, the team of Bhairathi Ranagal is planning to release the movie next month.

Dr Shivarajkumar told media persons recently that the movie has come out well.

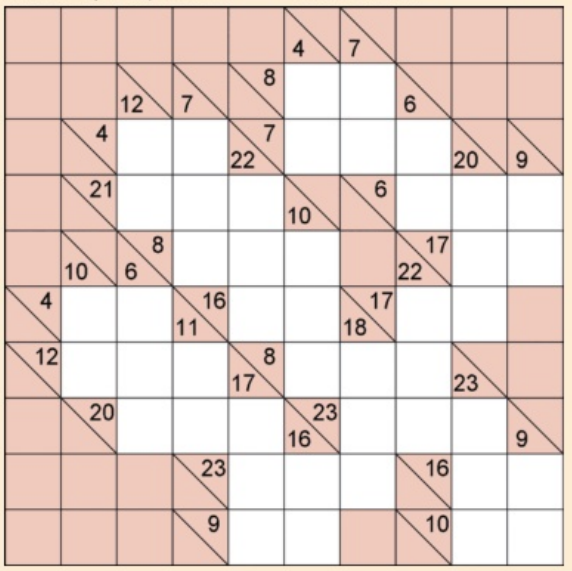
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

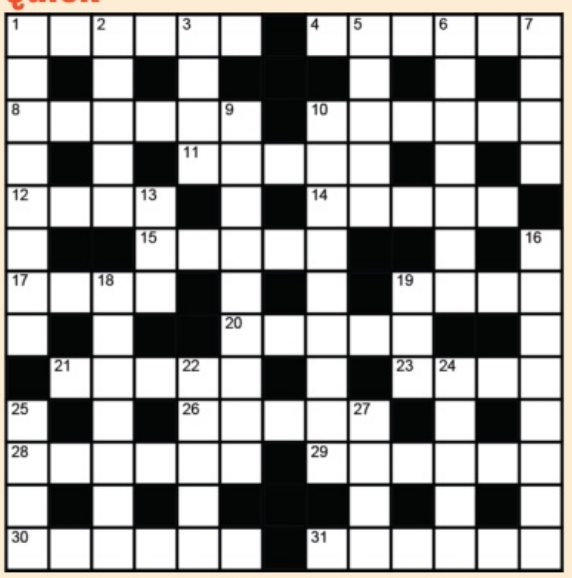
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Founder of the American Shakers (3,3)
4 Last Grand Slam tournament of the calendar year (2,4)
8 Pacific island (6)
10 Be on your guard (6)
11 Excessive (5)
12 Successful exploit or action (4)
14 Had a go (5)
15 Wading bird (5)
17 Amount owing (4)
19 Delightfully pretty (4)
20 Second largest of Greek Ionian islands (5)
21 NE Italian city (5)
23 Afrikaner (4)
26 Stable compartment (5)
28 Epidemic (6)
29 Annually (6)
30 Assumed name (6)
31 Arranged in ranks (6)

DOWN

1 Go before or precede (8)
2 First prime minister of India (5)
3 You too in Latin (2,2)
5 Guide vessel (5)
6 Tableland (7)
7 Theatrical Coward (4)
9 Complicated, involved (9)
10 Bannerghatta National Park is home to India's first ____ enclosure (9)
13 Domesticated animal (3)
16 Turned traitor (8)
18 Swagger, bluster (7)
19 Young bear or lion (3)
22 Moneylending (5)
24 Propelled a boat? (5)
25 Samoan Port (4)
27 Ogle (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS G

PYGMTR MF YHWETMTR UAB KA KUEAB GAIEFHYP WK KUH REAITX WTX JMFF.

Linemaro

Are you a carbon sample? Because I want to date you

Mindchow

Don't tell people your dreams. Show them

Joke of the day

I used to smoke pot and go to class. Sneak in ten minutes late with a bullshit excuse. Slink down low at my desk. Pray to god nobody asked me any questions. I was the best teacher ever

Loop

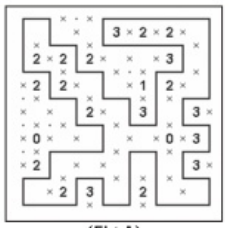
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

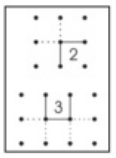
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

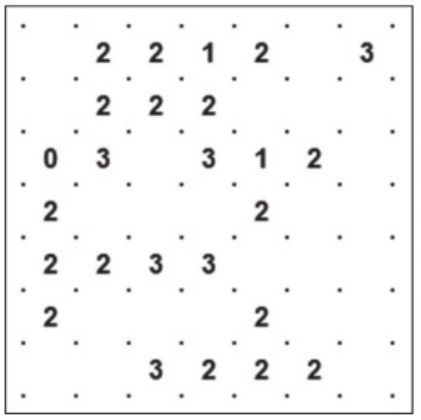
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



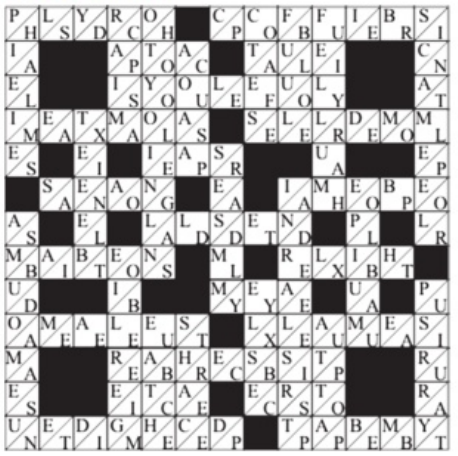
(Fig A)



(Fig B) Not Allowed



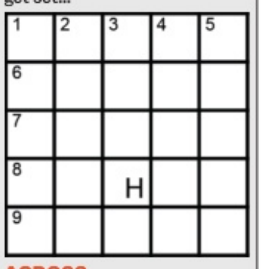
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Spaes; 6 L pant; 7 Duras; 8 Choir; 9 KK Sul

DOWN

1 I pass; 2 Puck L; 3 Had us; 4 Loner; 5 Karts

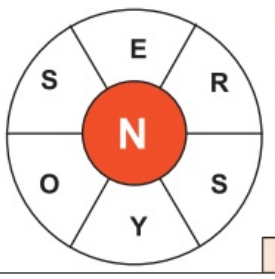
Mensapuzzle

Solve this dingbat

FALL

SDRAW

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; **04** Good; **05** Outstanding

SudokuChallenge

		9	5		7	4		
	8	4		1			7	
1		2				3	8	5
7			2		6			1
	6			9			3	
9			8		3			4
2	5	8				1		6
	1			4		9	2	
		6	1		8	7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 14

1 2 4 8

Medium = 4

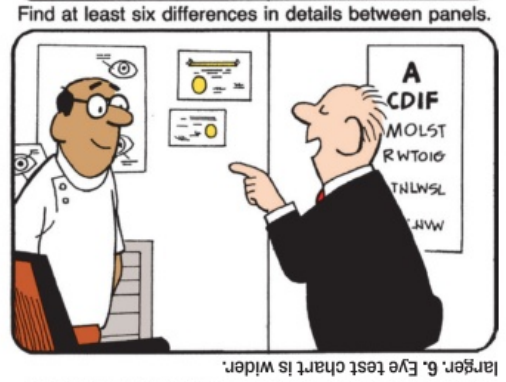
4 4 6 6

Hard = 4

3 8 8 7

Hocusfocus

Find at least six differences in details between panels.



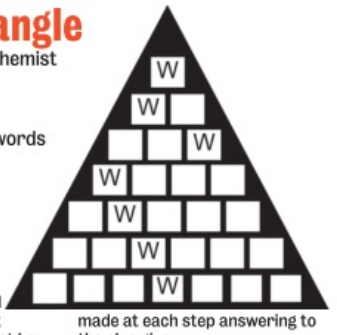
Differences: 1. Diploma is reversed. 2. Eye on chart is moved. 3. Cabinet is smaller. 4. Hand is moved. 5. Ear is larger. 6. Eye test chart is wider.

Riddler

Sue and Ron are playing a game. Sue says: A huge gray mammal with a trunk. Ron says: A black and orange cat found in India. Sue says: A large animal with a horn on its nose. Ron says: A smelly black and white mammal. Sue says: A jumping marsupial that lives in Australia. From the following choices, what does Ron say next: A long-necked, flightless bird. A slow-moving reptile with a shell. A large African cat with a mane.

Alpha triangle

1 Tungsten for the chemist
2 Wife of, abbr.
3 Line
4 Sported
5 Used four-letter words
6 Lets down
7 Plastering tools

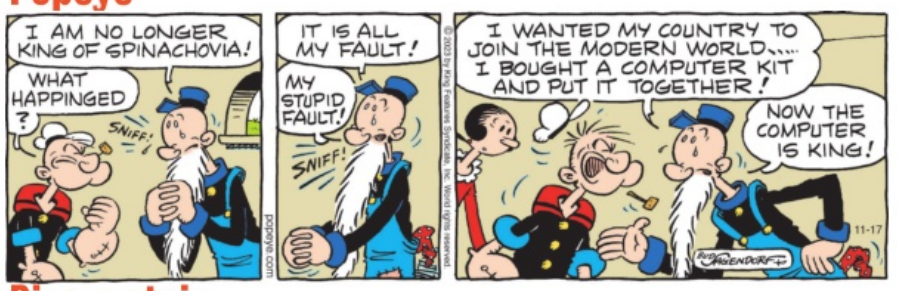


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


I AM NO LONGER KING OF SPINACHOVIA!
WHAT HAPPINGED ?
SNIFF!
IT IS ALL MY FAULT!
MY STUPID FAULT!
SNIFF!
I WANTED MY COUNTRY TO JOIN THE MODERN WORLD..... I BOUGHT A COMPUTER KIT AND PUT IT TOGETHER!
NOW THE COMPUTER IS KING!
11-17

Bizarrotrip

These sessions would be more productive without all the jerk-shaming.
BIZARRO.COM
Wayno & Piraro 5-9-24
Dist. by King Features
©2024 Bizarro Studios

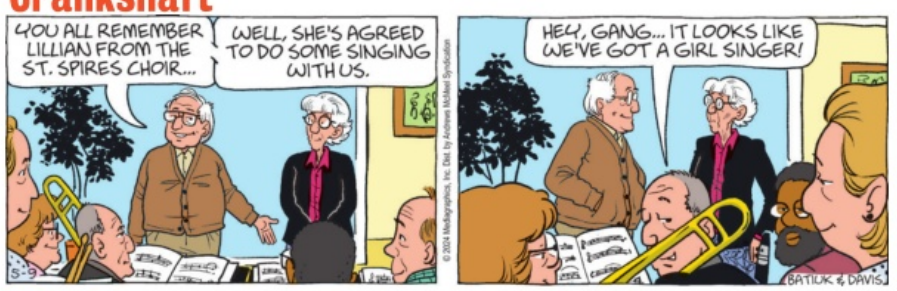
Diamond Lil

I DON'T KNOW WHAT TO DO ABOUT MY GIRLFRIEND
EVERY TIME I TRY TO GET ROMANTIC, SHE PUTS UP SOME SORT OF-
BARRIER?
SHE'S NOT DEAD YET!
©2018 creators.com 5/9
www.creators.com

Hart of the city

DOING SOME RESEARCH?
YEAH, I'M HATE-WATCHING THE SPONGEBOB MUSICAL.
I THOUGHT YOU LIKED SPONGEBOB.
YEAH, WHEN I WAS SIX! HALF MY LIFE AGO!
@COMICS.COM/HEARTOFTHECITY

Crankshaft


YOU ALL REMEMBER LILLIAN FROM THE ST. SPIRES CHOIR...
WELL, SHE'S AGREED TO DO SOME SINGING WITH US.
HEY, GANG... IT LOOKS LIKE WE'VE GOT A GIRL SINGER!
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may use creativity in your office or at home, which may enhance your social status. You may be able to control your expenditure on worthless things, which may increase your savings. Love birds may likely get some support from their family members for marriage. Students may hear good news in terms of academics.

Taurus Apr 21 – May 20
Today you may be relaxed after a messy situation. Your inner strength may help you implement some difficult decisions in parental business, which may help you grow. You may help needy people around which may increase your social respect. Students might be clear in choosing their career options.

Gemini May 21 – Jun 21
Today you may feel dull and your health may not be good. You may also have anxiety and restlessness. You are advised to postpone your important investments in business or real estate. You are advised to avoid rash driving. You should avoid long-distance travelling also. You may do some meditation, which will help you get a sound sleep.

Cancer Jun 22 – July 23
Today blessings from elders may make you happy and your investments may give you profits. Loses are converted into profits now. Your savings may boost your bank balance. You may plan to invest for kid's future also. You may also enjoy some delicious food at home. Your problems related to throat, teeth, ear or nose may be resolved now.

Leo Jul 24 – Aug 23
Today you may get some promotion after your hard work. You may likely help some needy person and your social respect may be increased now. Overworking your mind may make you tired, due to workload and you may not be able to reach some family get togethers. Your parents' health may be recovered.

Virgo Aug 24 – Sep 23
Today projects which were stopped without a reason, may start automatically. You may be satisfied at work. You may plan for a short work related trip. You may also visit some religious place to maintain your internal strength. Your elders may show you the right path, which may show you the right path to achieve your goals.

Libra Sep 24 – Oct 22
Today you may feel dull and you may also face health issues. It is advised to keep your mind cool. Read documents carefully before signing. You may face difficulty recovering your money. You are also advised to avoid going for adventure tours. Students are advised to go for in-depth study to get success. You may be attracted by occult also.

Scorpio Oct 23 – Nov 22
Today you may be busy at home. You may buy some artefacts or crea- tive stuff to renovate your house, which may increase your social status. You may also invest in properties and other fixed assets. You are likely to enjoy your romantic moments with your spouse, which may increase your emotional relationship. Singles may hear good news in terms of marriage.

Sagittarius Nov 23 – Dec 22
Today you may feel happy. Old health issues related to elders may get cured. Money which was stuck, may be recovered now, that may boost your financial health. People who are in jobs may change their jobs for seeking a promotion. Job seekers may get a job with the help of any friend's reference.

Capricorn Dec 23 – Jan 20
Today you may prefer gaining knowledge and you may understand the value of intellectual asset. Sometimes you may control your short-temperedness, which may help you perform your task smoothly. There may some chances in smooth earning, which may give you comfort in the workflow. You are advised to be careful before making new investments in assets.

Aquarius Jan 21 – Feb 19
Today you may feel dull. You may not be able to enjoy the present. You may be in a hurry to complete the task given to you. You may make silly mistakes. Your working efficiency may slow down, which may affect your work. Your projects may likely be delayed, it may affects your professional life. Before taking any important decisions, you are advised to take advice from your elders.

Pisces Feb 20 – Mar 20
Today you may be energetic. You may be more focused, which may speed up your current task. Your subordinates may help you start a new project, which may give you profit in the near future. You may expect some short trips related to your family issues. Job seekers may hear good news in terms of a job.

KIDZONE

Jinal S, 11 years, Innisfree House School

Manasvi N Naik, 8 years, Orchids The International School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER
Each person describes an animal, and the name of each animal must begin with the letter the previous name ended with. The sequence so far is: Elephant, Tiger, Rhinoceros, Skunk, Kangaroo, so Ron should say "A long-necked, flightless bird." Ostrich.

SOLVE IN 1M
4(10+15/5×4-4)
= 4(10+12-4)
= 4×18 = 72

FAST FIVE

S	K	U	L	K
I	C	H	O	R
S	U	D	R	A
P	L	A	N	T
A	P	S	E	S

STRIKE OUT

P	S	Y	C	H	■	C	O	F	F	E	R	S	■	■
A	■	A	O	C	■	A	L	E	■	T	■	C	■	■
L	■	S	O	U	L	■	F	U	L	■	■	A	■	■
M	E	T	A	L	S	■	S	E	L	D	O	M	■	■
S	■	E	■	I	■	P	S	■	A	■	■	P	■	■
A	■	N	A	G	■	A	■	I	H	O	P	E	■	■
B	A	T	O	N	■	L	■	E	X	I	T	■	■	■
D	■	■	I	■	Y	E	A	■	U	■	■	U	■	■
O	M	E	L	E	T	■	L	L	A	M	A	S	■	■
M	■	R	A	R	E	B	I	T	■	■	■	U	■	■
E	■	I	C	E	■	E	S	T	■	■	■	R	■	■
N	E	I	G	H	E	D	■	T	A	B	B	Y	■	■

QUICK

A	N	N	■	L	E	■	■	U	S	O	P	E	N	■
N	■	E	■	T	■	■	■	L	■	T	■	L	■	■
T	A	H	I	T	I	■	B	E	W	A	R	E	■	■
E	■	R	■	U	N	D	U	E	■	T	■	L	■	■
C	O	U	P	■	T	■	T	R	I	E	D	■	■	■
E	■	G	R	E	T	■	A	■	B	■	■	■	■	■
D	E	B	T	■	I	■	E	■	C	U	T	E	■	■
E	■	R	■	C	O	R	F	U	■	■	■	T	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
P	A	D	U	A	■	F	■	B	O	E	R	■	■	■
A	■	S	T	A	L	L	■	A	■	■	■	A	■	■
P	L	A	G	U	E	■	Y	E	A	R	L	Y	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
A	N	N	U	L	E	■	U	S	O	P	E	N	■	■

SUDOKU

6	3	9	5	8	7	4	1	2
5	8	4	3	1	2	6	7	9
1	7	2	9	6	4	3	8	5
7	4	3	2	5	6	8	9	1
8	6	5	4	9	1	2	3	7
9	2	1	8	7	3	5	6	4
2	5	8	7	3	9	1	4	6
3	1	7	6	4	5	9	2	8
4	9	6	1	2	8	7	5	3

MENSA PUZZLE
fall over backwards

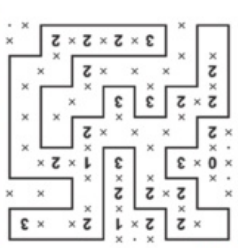
QUOTE UNCODE
Flying is learning how to throw yourself at the ground and miss.

BULL'S EYE
nose, nosy, sensor, SENSORY, snore

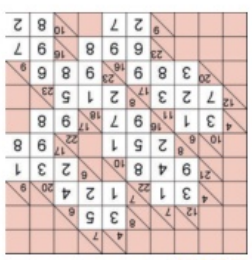
GO FIGURE
Easy
4 + 8 + 2 × 1 = 14
Medium
6 + 4 + 6 / 4 = 4
Hard
8 – 8 + 7 – 3 = 4

ALPHA TRIANGLE
W, WO, ROW, WORE, SWORE, LOWERS, TROWELS.

LOOP



KAKURO



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MARUTI SUZUKI

NEXA

VELOCITY EDITION

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